

The Wellness Center

PHYSICAL EDUCATION



**DODGE CITY
COMMUNITY
COLLEGE**

Exercise and Fitness Trail

Dodge City Community College's Exercise and Fitness Trail on the southwest corner of the campus is just what the doctor ordered! It is a prescription for a healthy life and helps take the boredom and fear out of exercise.

The "**Wellness Through Fitness Program**" was designed by experts in sports, cardiovascular medicine, and motivation from Stanford University and the Arizona Heart Institute.

The trail has been designed to be enjoyed by people of all ages, and all fitness levels. Most importantly, this jogging course takes joggers off the streets, and away from traffic.

Total fitness requires strength and flexibility. Running is not enough. The trail combines running with strength and flexibility games.

This course has three levels, and three distances: the half mile (around one-half of the track), one mile (around the outside of the track), and one and one-quarter mile course (around the track in a "figure eight").

The trail has 20 exercise stations. The first five are for warm up and stretching. The next equally spaced stations are designed to strengthen and condition, and improve cardiovascular health. There is also a station to show how to take a pulse count. Exercisers receive points when their heart rate is at a certain level. The last five stations are for cool down and stretching to help do away with the "day after exercise muscle aches."

DCCC will put you on the road to total wellness!

DCCC's Wellness Program

The Dodge City Community College **Wellness Program** is a health service for the entire community, as well as students, and DCCC staff. It provides an up-to-date aerobic exercise center, especially designed to encourage holistic fitness.

In addition to its three racquetball courts, an aerobic exercise area, and exercise circuit, and an indoor track, the **Wellness Program** offers classroom and individual instruction, special classes and workshops, dietary analysis and nutrition instruction, and equipment and video check-outs.

Attendants are on duty to assist those in the program, to help them start, and to offer encouragement for those on the way to good health. Participants may choose individual exercises set to fit personal schedules, or they may wish to investigate special programs, classes, workshops, and counseling services. **DCCC's Wellness Program** offers practically everything necessary for a total health and fitness program.

Located on the north side of the DCCC Physical Education Complex, the **Wellness Program** is tailored to meet all fitness needs!

Call to learn more 316-225-1321, or toll-free in Kansas 1-800-742-9519, ext. 309, ext. 314, or ext. 258; or visit the **Wellness Center** at 2501 North 14th Avenue in Dodge City. To enroll, call the DCCC telephone enrollment number: 316-225-4114.

INCENTIVES AND AWARDS

- T-SHIRTS
- HEALTH FAIRS
- FUN RUNS
- CERTIFICATES

EVALUATION

- RESTING PULSE RATE
- RESTING BLOOD PRESSURE
- BODY WEIGHT
- LIFESTYLE QUESTIONNAIRE
- NUTRITIONAL ANALYSIS
 - VO2 (ml/kg)
- PERCENT BODY FAT
- HEALTH RISK APPRAISAL
- FLEXIBILITY TESTING

HOURS

Monday - Thursday 7 a.m. - 10 p.m.
Friday 7 a.m. - 8 p.m.
Saturday 8 a.m. - 8 p.m.
Sunday 2:00 p.m. - 8 p.m.

Main gym and indoor track is closed from 1 to 7 p.m. each weekday. You are encouraged to use outside northeast door at these times for access to the wellness area and racquetball courts.

The indoor walking track is open to the public, free of charge, on Monday, Wednesday, Fridays from 6-10 a.m. and 7-10 p.m., and on Tuesday and Thursdays from 7:30-10 a.m. and 7-10 p.m., on Saturdays from 8-8 p.m., and on Sundays from 2-8 p.m.

You may make an appointment with the Wellness Center Director prior to your visit to set up an appointment for a free tour of the facility and an orientation. (Use the attached coupon.)



DODGE CITY COMMUNITY COLLEGE

Wellness Program
2501 North 14th Avenue
Dodge City, Kansas 67801-2399
or call for more information
316-225-1321
Toll-free in Kansas 1-800-742-9519
Toll-free out-of-state 1-800-262-4565

Wellness Center Coupon 1 Trial Week Workout at DCCC's Wellness Center

Name _____
Address _____
City _____
State _____ Zip _____
Phone _____
Date of Visit _____

**Bring in this coupon
and give it to the
Wellness Center
Attendant.
(Good for one week only.)**

**Children must be
accompanied by an adult.**

**FOR MORE INFORMATION CALL
DCCC WELLNESS CENTER,
2501 N. 14TH AVENUE
DODGE CITY, KANSAS 67801
316-225-1321, EXT. 309,
EXT. 314 OR EXT. 258.**

PROGRAMS OFFERED

- **FITNESS**
- **NUTRITION AWARENESS**
- **GENERAL HEALTH**
- **AEROBICS**
- **INDIVIDUAL COUNSELING**
- **FITNESS TESTING**

PROGRAMS OFFERED

(Periodically)

- **LOW-BACK CARE**
- **SELF-DEFENSE**

PHYSICAL FACILITIES

- **INDOOR TRACK**
- **CIRCUIT TRAINING**
- **RACQUETBALL**
- **TENNIS**
- **ERGOMETERS**
- **CLASSROOMS**
- **TOWEL SERVICE**
- **ATHLETIC TRAINING ROOM**
- **AEROBICS AREA**
- **WEIGHT EQUIPMENT**
- **FITNESS TESTING AND EVALUATION**
- **LOCKERS**

FEEES

FULL-TIME DCCC STUDENTS - FREE

- **OTHERS - \$36 - SEMESTER**
- **GROUP RATES AVAILABLE -**
(Check with the director!)